

St. John Paul II



Cheerleading
2025-2026

Parents,

I am so excited that you and your child are interested in St. John Paul II Cheerleading for the 2025-2026 season! Our tryouts are open to any student that will be attending JP II, or one of our partner schools, in grades 7-12 during the upcoming school year. JP II has a reputation for having talented cheerleaders and we will continue that tradition with the selection of our new teams. The tryout clinic will be March 24th – March 26th and will conclude with official tryouts on March 27th. JP II Cheerleading tryouts are closed to the public, only candidates and coaches will be permitted. A mandatory parent meeting will be held in the gym at 6:30pm on March 24th.

JP II Cheerleading is a huge commitment for both athletes and parents. I hope you will take the time to carefully consider the time & financial obligations that are required to participate. Please be sure to thoroughly read all the information provided in this packet and ask any questions prior to team selection.

JP II Cheerleaders are expected to set a high example of excellence both on and off the field; nothing but the utmost respect to teachers, administrators, parents, and peers will be accepted. Athletes are expected to manage their time and commitments wisely in order to prioritize their education while participating in our program. Please be sure that involvement in the JP II Cheer Program will not hinder academic performance.

We will jump straight into preparation for the upcoming year following tryouts. Please note the important dates below and mark your calendars! Some dates are tentative, this list is intended to be a general guide as to when important events may occur.

- ◆ March 28th: Parent meeting & uniform fittings, 4:00pm (Camp deposit due)
 - ◆ March 31st: First practice, 4:30pm (physicals due)
 - ◆ June 17th – June 20th: UCA Camp
 - October 25th: UCA Magic City Regionals
 - November 1st: UCA Space Center Regionals
 - November 8th: AHSAA Super Regionals
 - November 22nd: AHSAA State Finals
 - January 30th – February 1st, 2026: NHSCC
- *Tentative dates*

Communication during tryout week will be through the BAND app. All candidates and/or their guardian must join the BAND to receive updates and material throughout the week. Please scan the QR code below to join.



Please complete all required forms and have them turned, either to the front office or to me, by the first day of clinic. Forms must be received before participation is allowed. If you have any questions, please feel free to contact me. Again, we are thrilled that you and your student are interested in our program. Good luck and GO FALCONS!

Peyton Heflin

Coach Peyton Heflin
cheerleading@jp2falcons.org



St. John Paul II Catholic High School Cheerleading Constitution



Philosophy

The cheerleaders will represent St. John Paul II Catholic High School in a positive manner by always displaying conduct that is complementary to JP II. As a part of this organization, a member is in a position of honor and leadership. Members will demonstrate and promote exemplary school spirit and good sportsmanship.

I. Eligibility

- A. All students trying out for group membership must meet the standards set forth in the Academic Rule for eligibility. These requirements are as follows:
 - At the time of tryouts, a student must be enrolled at the school or one of its feeder schools.
 - All students must abide by the academic eligibility standards set forth in the most recent JP II Student Handbook.
 - If a squad member has below a 70 in any subject on their report card, the member may be benched until the grade(s) have been improved. The time for improvement may vary among members. This will depend on the individual's academic ability to improve their grade.
- B. Students must not have resigned from the team during the season immediately preceding tryouts. By resigning from the team, you forfeit the eligibility to try out for the next season. Coach may allow exemption to this rule at their discretion.

II. Information for Candidates

- A. Each applicant will be given a copy of the school's cheerleading constitution as well as information pertinent to tryouts, costs, and summer practices. A MANDATORY parent meeting will be held prior to/during tryouts. The student must return a statement of receipt/ application for these documents signed by both the student and the parent/guardian on the first day of the tryout clinic.
- B. All money and forms due are expected to be turned in on time.
- C. All candidates must try out, even if they have been a team member previously.
- D. No former team members may tryout unless all outstanding debts have been paid in full.

III. Physical Fitness

- A. All candidates trying out MUST have a physical examination by a physician.
- B. The physical form provided by the Alabama High School Athletic Association must be completed, signed by the physician, and uploaded to DragonflyMAX by the first day of practice.
- C. Physicals are good for one year from the date of examination. If an athlete has a current physical on file that has not expired, a new one is not required until the expiration date noted by the physician has been reached.

IV. Training of Candidates

- A. A minimum of 3 days of training will be provided prior to tryouts.
- B. All training must take place outside of regular school hours. Participants will be responsible for their own transportation before and after school training sessions.

- C. Coaches shall use routines, cheers, chants, etc. not used by the squad at any time during the three years prior to tryouts.
- D. All after-school mandatory training sessions will be closed to spectators.
- E. Attendance at all mandatory training sessions is required unless excused by the coach.
- F. All candidates must participate in mock tryouts.
- G. The student must be in school ALL DAY and may not check in or out on the day tryouts.

V. Judging and Tryout Procedures

- A. Judges will be secured through the coach.
- B. Judges will use only the official scoring sheet adopted for cheerleading tryouts.
- C. Candidates may be awarded points only for activities performed live during scheduled tryouts or through the virtual method adopted for cheerleading tryouts. Both live and virtual tryouts are scored by official judges. No credit may be awarded for any prior activity.
- D. Selection is based on coordination, spirit, dance, jumps, group cheer, individual cheer, stunts, and tumbling.
- E. Final selections will be announced the same day as tryouts. Rosters will be sent to all email addresses provided on the forms below.
- F. NO individual scores will be posted, announced, discussed, or reviewed with anyone. The decision of the judges and coach is final and scores will not be discussed.

VI. Membership

- A. Candidates selected for the team will immediately become subject to all provisions and regulations governing the squad. Membership extends until the first day of tryouts the following year unless the member is dismissed from the team prior to that date.
- B. During captain elections team members will vote for their captain(s) based on the candidate's previous behavior and capability as a leader in combination with prepared speeches by candidates the day of elections. Votes will be considered by the coach but will not be the deciding factor in captain selection. Final selection of captains will be made by the coach. Captain(s) must be a junior or senior while co-captain(s) may be in any grade.

VII. Sideline and Competition Teams

- A. The Varsity program will consist of two teams – a sideline team and a competition team.
- B. All Varsity cheerleaders will participate on the Sideline Team.
- C. The Competition Team will be comprised of a smaller group of athletes from the Sideline Team selected by the coach. The number of athletes selected will be determined after tryouts and will be dependent upon the total number of athletes selected for the Varsity Program.
- D. Competition Team selection will occur following UCA summer camp.
- E. By returning your signed Consent form and trying out for the JPII Cheerleading Program you are agreeing to participate in whichever team(s) you are selected for.

VIII. Attendance

- A. Performance eligibility relative to school attendance will be in accordance with current JPII policy.
- B. All team members are required to attend all events and practices scheduled by the coach.
- C. **Excused absences are defined as: personal illness with a doctor's excuse, death in immediate family, and/or court appearance.**
 - In order for an absence to be considered excused, the coach must be informed as early as possible.
 - Excuses must be submitted at least 24 hours prior to a scheduled absence.
 - Doctor's notes are required for all illness-related absences. Notes must be turned in within 24 hours of an absence or it will be considered unexcused.
- D. Excessive absences may result in an athlete being benched or dismissed from the team.
- E. Each member must attend all summer camps and practices planned. The time and location of camp will be decided by the coach. Failure to attend will result in possible dismissal from the squad.
- F. If a team member is absent from one or more practices in the two weeks prior to competition dates they may be benched for competition.
- G. Athletes may participate on another competition cheer team, other athletic team, or school organization. However, squad members are expected to equally prioritize their JPII Cheerleading schedule with other obligations. Students must balance their commitments so that equal time is given to all teams/organizations- failure to do so will result in the athlete being benched.
 - Schedules for other teams/clubs must be submitted prior to the start of the season
- H. All team members must be on time when arriving to practices and events.
- I. All team members are expected to have transportation to and from events arranged PRIOR to events and must be picked up on time. Lack of transportation is not a valid excuse for absence.

IX. JPII Cheerleading Code of Conduct

- A. While functioning in the capacity of student or team member, the athlete must maintain conduct that is a positive reflection on the school and that is commensurate with the achievement of the goals of the team. Discipline for improper conduct will be in accordance with the JPII Code of Conduct. In the case of severe or repeated conduct violations, the principal or his designee may suspend or permanently remove the member from the team.
- B. Commission of any class offense as defined by the Code of Conduct can be cause for dismissal from the team. Class offenses that do not result in dismissal can result in a period of suspension from the team. The coach in conjunction with the administration will determine the length of the suspension and any other repercussions.
- C. Serious offenses will result in immediate dismissal from the squad.
- D. Team members will exhibit excellent sportsmanship at all times.
- E. All team members will cooperate with and show respect to their coaches, captains, teachers, peers, and JPII staff at all times.
- F. Absolutely NO bullying or excessive drama will be tolerated. Athletes will be cordial and respectful to all teammates, coaches, opposing teams, other students, etc. Refer to JPII handbook bullying policy.

- G. Team members are expected to be honest and truthful at all times.
- H. Prohibited Behaviors: profanity, public displays of affection in uniform, social media posts not reflective of JPII Cheerleading values & expectations, use of illegal substances, eating/drinking during events (except on breaks).

X. Parent Responsibilities

- A. Parents should maintain a supportive and respectful environment for all JPII cheerleaders and coaches.
- B. Parents are expected to uphold and enforce the standards established in this Constitution – ensuring all financial obligations are met, attendance is prioritized, and commitments are honored.
- C. Any concerns should be expressed directly to the Coach in a respectful manner during a pre-scheduled meeting time.

XI. Appearance/Uniforms

- A. Design and selection of all uniforms will be made by the coach and the administration.
- B. All practice clothing, spirit wear, warm-ups, accessories, & uniforms not paid for by JPII Athletics will be purchased by individual members.
- C. Individual members will pay to replace any damaged JPII Athletics-owned uniforms.
- D. All uniform parts will be neat and clean for every performance.
- E. Uniforms will be worn properly at all times.
- F. Uniforms, warm-ups, practice wear, etc. are not to be worn outside of cheerleading events.
- G. No jewelry will be worn at any time during cheerleading events.
- H. Hair must be pulled back and out of the face at all times.
- I. No alterations will be made to JPII Athletics-owned uniforms without the coach's approval.

XII. Transportation

- A. Transportation will be by approved carriers through the school.
- B. If a team member does not ride to and from events by the approved carrier, the student will not be allowed to participate in the activity for which the travel was approved.
- C. All copies of the transportation release forms, insurance policies, and parent letters will be kept on file with the school.

XIII. Fundraising

- A. All team members will participate in all fundraising activities throughout the year. Those who do not participate will not receive the benefits of the fundraiser.
- B. All fundraised money is expected to be turned in on time.
- C. Fundraised money is to be budgeted and used at the coach's discretion.

XIV. Discipline

- A. Team members who violate the JPII Cheerleading Code of Conduct & other expectations outlined in this Constitution may be subject to disciplinary action.
- B. Athletes will be allowed a number of 'passes' for each season (pre-season, football, & basketball) to miss practices and/or games. Once all passes have been used, additional, non-illness related absences will result in disciplinary action. See next page for details.
- C. Violations of the JPII Cheerleading Code of Conduct & other expectations outlined in this Constitution could result in: benched for game/event, parent meeting, placed on probationary period, suspension from the team, other disciplinary action determined by Coach (running, volunteer work, etc.)
- D. Excessive violation of the JPII Cheerleading Code of Conduct & other expectations outlined in this Constitution may result in an athlete being dismissed from the team.
- E. Disciplinary action will be administered in a manner befitting the violation and at Coach's discretion.

Discipline & Attendance

The success of a cheerleading program is largely dependent on the dedication of its athletes and parents. Regular attendance is the most crucial part of that. Cheerleading is not like other sports where we can put in a back up player at the last minute. Each athlete plays a unique role and is one piece of a puzzle that makes up our team. When even one person is missing, it impacts every other athlete.

ABSENCE PASSES (NEW)

Each athlete will start the year with a pre-determined amount of 'passes' for each season (pre-season, football, & basketball). Each pass can be used to miss 1 game or 1 practice – for any reason. Once all passes have been used, ANY additional non-illness related absence will be unexcused and will result in disciplinary action. There will be no exceptions to this rule. Illness related absences require a doctors note to be considered excused. If you do not have a doctor's note, a pass must be used.

Passes cannot be used for any events other than practices or games (camp, competitions, pep rallies, community events, etc.). Guidelines for absences listed below will still apply.

Requests for use of a pass must be made at least 24 hours prior to absence whenever possible. Coach may decline the use of a pass if too many other athletes have already requested to use theirs. Ask early!

We encourage students and parents to plan according – the same way adults would plan to use PTO. Family vacations, appointments, and other events should be planned with the athlete's number of available passes in mind. Passes do NOT roll over from one season to the next.

Pre-Season Passes <i>(April-July)</i>	Football Passes <i>(August-October)</i>	Basketball Passes <i>(November-January)</i>
Practice Passes: 4	Practice Passes: 3	Practice Passes: 3
	Game Passes: 1	Game Passes: 2

ADDITIONAL ABSENCE GUIDELINES

- Athletes are expected to be present at all practices so that the team can perform to the best of its ability.
- If two or more practices are missed the week of an event, the athlete will be benched for that event.
- If practice for an upcoming event (pep rallies, school events, etc.) is missed, the athlete will not perform.
- If an athlete does not arrive at an event in full uniform (including poms and bow), they will sit out until complete uniform is present or for the duration of the event.
- Work is not an excuse for absence. The schedule is given out at the beginning of each season so that work schedules can be planned around cheer commitments.
- **If more than one practice is missed within two weeks of competition dates, athletes may be taken out of the routine and benched for competition.**
- Missing 30+ minutes of practice will be equivalent to 1 absence. Missing half or more of a game will be equivalent to 1 absence.
- Accumulating 3 tardies (10+ minutes late) to events/practices will be equivalent to 1 absence.
- Accumulating three or more unexcused absences, it will be grounds for dismissal from the team.
- Excessive absences and/or tardiness WILL NOT be tolerated.
- Missed workouts do not qualify as an absence but must be made up.

General Program Information

VARSITY PRACTICE SCHEDULE

First week of practice: 3/31/25 – 4/4/25

3/31/25: Practice 4:30-6:30 @ JPII

4/1/25: Practice 4:00-6:00 @ JPII

4/3/25: Practice 4:30-6:30 @ JPII

Standard Schedule

Mondays: 4:30-6:30pm @ JPII

Tuesdays: 4:00-6:00pm @ Cheerville

Thursdays: 4:30-6:30pm @ JPII

TBD: Workouts with Coach Klotz

SIDELINE & COMPETITION TEAMS

All candidates that are selected for the JPII Varsity Cheerleading Program are automatically members of our Sideline Team. As such, they will cheer at football & basketball games as well as perform at pep rallies and other JPII events. Following the completion of UCA summer camp our Competition Team will be selected from those who have already made the Sideline Team. The Competition team is comprised of a smaller group of athletes chosen based off their performance on the Sideline Team, tryout scores, dedication, attendance, & overall team need. Those selected for the Competition Team are expected to maintain their duties as members of the Sideline Team, as well as their Competition responsibilities. The total number of athletes selected for the Competition Team is dependent on the number of students who try out and are chosen for the Varsity Cheerleading Program. Team selection is at the discretion of the Coach and all decisions are final.

By signing & returning the attached consent form and completing your tryout for JPII Cheerleading, you agree to participate in any and all team(s) you are selected for.

NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIP (NHSCC)

NHSCC is the most prestigious national championship for competitive high school cheerleaders. Over 1000 teams from all over the U.S. travel to Orlando, FL each year to compete at Disney's ESPN Wide World of Sports. We competed at NHSCC for the first time in February 2025 and intend to return in early 2026. To attend, we must receive a bid at a regional competition and coaches must feel that the team has performed in a way that would allow them to be competitive at the national level.

The per-athlete cost to attend NHSCC ranges from \$1,200 - \$1,500 for flights, lodging, on-site transportation, park tickets, and competition fees. We will fundraise as much as we can, but we are limited as to how much we can do. To make the cost to attend NHSCC more feasible we will be implementing a payment schedule that will run from July-November, after which final payments will be due (early December). You will be able to make payments on a schedule that works for you, permitted you meet the deadlines set by Coach. We will discuss further details as we approach competition team selection.

Any concerns regarding being able to make these payments should be discussed with Coach **PRIOR TO** competition team selection. Failure to meet payment deadlines will result in your athlete being removed from the competition team.

The decision to attend NHSCC is dependent upon approval by Coach, JPII Administration, and the Diocese

Estimated Annual Costs

Costs are estimates based on previous years & do no account for deductions that may occur from purchasing used items.

- ❖ Payments for uniforms & equipment will be divided into two payments paid directly to the vendor. One payment will be due shortly after uniform fittings, the other near the start of school.
- ❖ Camp fees will be due in 2 installments. Payment #1 (\$225.00) will be due at our parent meeting on March 28th, payment #2 (\$250.00) will be due on April 28th.
- ❖ Athletics fee is due by the first football game, paid through DragonflyMAX.
- ❖ For fundraising, we will work Trash Pandas games, host clinics, and any other school-approved activity. The amount we will be permitted to do will be limited so it is expected that all team members will participate fully. Funds will be pooled and split evenly amongst the team and will be used at the coach's discretion. After competition team selection, only funds raised by those on the competition team will be applied towards competition costs.

Uniform & Equipment Order # 1

Due 1-2 weeks after uniform fitting (~April 9)

Sideline Team (New)

Uniform Shell Top & Skirt	\$ 185.00
Practice/Camp Wear 3 shirts, 3 shorts	\$ 170.00
Backpack	\$ 75.00
Poms	\$ 60.00
Bloomers	\$ 15.00
Shoes	\$ 90.00

Sideline Team (Returning)

Uniform Skirt (<i>new</i>)	\$ 70.00
Practice/Camp Wear 3 shirts, 3 shorts	\$ 170.00
Backpack (<i>new</i>)	\$ 75.00

Competition Expenses

Does not include Nationals expenses.

Competition Fees 3 Regionals & State Finals	\$ 130.00
Choreography	\$ 50.00

Uniform & Equipment Order # 2

Due at start of school (~August 1)

Sideline Team (New)

Uniform Bodyliners	\$ 100.00
Warm-Up Jacket & Pants	\$ 180.00
Green Skirt	\$ 70.00

Non-Equipment Expenses

Applies to all team members

<u>Expense</u>	<u>Cost</u>	<u>Due Date</u>
Camp Payment #1	\$ 225.00	March 28th
Camp Payment #2	\$ 250.00	April 28th
JPII Athletic Fee	\$ 300.00	~August 10th
Cheerville Athletics	\$ 70.00	April 1 (<i>Monthly</i>)

- ❖ Uniform costs are based on the price of NEW items. We encourage you to check with graduating seniors about purchasing their used items.
- ❖ Payments must be made on time. Delay in payment will result in our order being placed without your items.

Tryout Information

Tryout Week

- Tryout clinic will be held March 24th – March 26th and will conclude with tryouts on March 27th.
- All forms must be turned in to the front office or to the Coach by the first day of clinic (3/24).
- You may wear any athletic shirt, shorts, and tennis shoes during the clinic. A white t-shirt free of any logos and black shorts must be worn for tryouts (3/27). You may wear a black, white, or green bow in your hair if you'd like to.
- Hair should be pulled up and out of your face all week. Now jewelry may be worn at any time.

Team Placement: Varsity is generally reserved for students in grades 10-12 and JV for grades 7-9. If your child is of JV age, they should assume that is the team they will be selected for. However, team selection is at the Coach's discretion and any student in grades 8-12 may be placed on Varsity and any student in grades 7-11 on JV. If you or your child has a concern regarding team placement, please discuss this with the Coach prior to team selection.

Monday, March 24th

4:00pm: be in the gym, dressed & ready
4:05pm: stretch & roll call
4:15pm: motions & jumps
4:55pm: water break
5:00pm: learn dance
5:45pm: water break
5:50pm: learn cheer
6:25pm: wrap up
6:30pm: parent meeting

Tuesday, March 25th

4:00pm: be in the gym, dressed & ready
4:05pm: stretch & roll call
4:15pm: jumps
4:30pm: review day 1 material
5:00pm: water break
5:05pm: learn Fight Song
5:40pm: water break
5:45pm: stunt
6:30pm: dismissal

Wednesday, March 26th

4:00pm: be in the gym, dressed & ready
4:05pm: stretch, roll call, jumps
4:20pm: stunt & form tryout groups
5:05pm: water break
5:10pm: tumbling
5:20pm: review material
5:45pm: assign numbers & explain tryout process
6:00pm: mock tryouts
6:30pm: dismissal

Thursday, March 27th

4:00pm: be in the gym, dressed & ready
4:05pm: stretch & roll call
4:15pm: warm up jumps, tumbling, stunts
4:30pm: review
4:50pm: final tryout discussion
5:00-6:30pm: tryouts (dismissed after final group completes tryout)

Friday, March 27th

4:00pm: parent meeting & uniform fittings

- ❖ **No** parents or spectators are allowed in the gym during clinic or tryouts. This is a closed event.
- ❖ 2025-2026 roster will be announced via email within 4 hours of tryout completion.
- ❖ Coaching staff will not respond to any emails, texts, or phone calls received within 24 hours of roster announcement regarding tryouts or team placement.
- ❖ Decisions are FINAL and scores will not be discussed.



JPII Cheerleader/Parent Consent Form

I/We _____, parent(s) of _____, give permission for our daughter/son to try out for the JPII cheerleading team. We have read the constitution and accept all rules and obligations. We understand that failure to follow these rules and regulations or meet the obligations of the constitution will result in suspension or dismissal from the squad.

I/We understand that the school and coaches/sponsors assume no financial obligations due to the expenses. I/We also understand that beyond exercising diligence and taking all precautionary measure, the High School, the coaches/sponsors, and administration can assume no responsibility for injury to the squad member. In addition, I/we also understand that it is our responsibility to provide transportation for our child to all activities if needed.

If my/our child is selected, I/we will see that she/he attends summer camp, all practices, performances, and participates in all fundraising activities.

I/We will encourage our daughter/son to be a leader that JPII will be proud to have as a representative of the school. I/We will also support the coaches and administration in their decision-making processes.

Signature of parent(s)/guardian

Date

JPII Cheerleader Consent Form

I, _____, have carefully read and considered the JPII cheerleading team Constitution. I agree that I will abide by the rules and regulations contained in this constitution as long as I am a member of the squad. I plan to uphold high moral standards for myself so that I will always be a credit to JPII. I also realize that failure to comply with these rules may mean suspension or dismissal from the squad.

Signature of Candidate

Date



Contact Information

Participant name: _____ Grade (2025-2026): _____

Parent/Guardian Contact Information:

Name: _____ Relationship: _____

Phone: _____ Email: _____

Name: _____ Relationship: _____

Phone: _____ Email: _____

Email addresses you would like tryout results sent to (please print clearly):

1. _____

2. _____

3. _____

By signing below, you verify that the above information is correct and that you understand the process of selection.

Parent signature

Date

Participant signature

Date

Parent Meeting

Please attend the required parent meeting on Monday, March 24th at 6:30pm in the JPII gym. Coach will be present to review the Cheerleading Constitution and to answer any questions you may have.